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Amendments to the Claims:

1.(currently amended) A bracket for use with a form of spaced apart insulation panels defining a cavity into which concrete is to be poured, the bracket being adapted insulated forms for concrete walls for attaching and supporting a header or rim joist to the concrete wall, the bracket comprising a unitary metal body being of a size and thickness having a rigidity and stiffness sufficient to support the load of a header or rim joist, the bracket having an a rigid, planar attachment plate for everlying location to the exterior of an insulation panel of the insulated form to provide for a means of attaching the a header or rim joist to the bracket, and an a rigid, planar anchoring plate extending from the attaching plate for insertion into the interior of the insulated form and embedment within the concrete contained therein cavity of the form and having at least one concrete flow passage therethrough to provide a continuity of concrete through the anchoring plate when concrete is poured into the form.

- 2.(original) A bracket as claimed in claim 1 wherein the bracket is an L-shaped bracket with the attachment plate forming the base of the L and the anchoring plate extending perpendicular from one edge of the attachment plate to form the leg of the L.
- 3.(currently amended) A bracket as claimed in claim 7.2 wherein the anchoring plate at the end distal the attachment plate has a generally planar U-shaped to provide for two spaced apart anchoring structures located at a the top and bottom of the anchoring plate.
- 4.(currently amended) A bracket as claimed in claim 3 wherein each of the anchoring structures are provided with the concrete flow passage is a centrally located opening within each of the anchoring structures through which concrete can flow.
- 5.(original) A bracket as claimed in claim 4 wherein the opening is of a size to allow steel reinforcing bars placed in side-by-side relationship to pass therethrough.
- 6.(original) A bracket as claimed in claim 5 wherein the anchoring structures are provided with recesses along the top and bottom edges for supporting steel reinforcing bars.

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7.(currently amended) A bracket as claimed in claim 2 6 wherein the attachment plate is provided with at least one extension wing extending perpendicularly from the edge of the attachment plate where the anchoring plate to the opposing side of and in the same plane as joins the attachment plate to provide support to the exterior of the insulation panel.

8.(currently amended) A method of attaching a header or rim joist to a concrete wall constructed using a form of insulation panels into which concrete is to be poured insulated forms, the method comprising cutting a vertical slot in the exterior of the insulation panel insulated form, inserting a bracket into the slot, the bracket being a unitary metal body being of a size and thickness having a rigidity and stiffness sufficient to support the load of a header or rim joist, the bracket having an attachment plate for overlying located to the exterior surface of the insulation panel insulated form and an anchoring plate extending from the attachment plate through the slot into the interior of and part way across the insulated form and having at least one concrete flow passage to provide a continuity of concrete through the anchoring plate for embedment within the concrete, pouring concrete into the form, allowing it to set, and attaching the header or rim joist to the brackets.

9.(original) A method as claimed in claim 8 wherein the bracket is an L-shaped bracket with the attachment plate forming the base of the L and the anchoring plate extending perpendicular from one edge of the attachment plate forming the leg of the L.

10.(currently amended) A method as claimed in claim 14.9 wherein the anchoring plate is has a generally planar U-shaped to provide for two anchoring structures located at the top and bottom of the anchoring plate.

11.(currently amended) A bracket method as claimed in claim 10 wherein each of the anchoring structures are provided with the concrete flow passage is a centrally located opening within each of the anchoring structures through which the concrete can flow.

12.(original) A method as claimed in claim 11 wherein the opening is of a size to allow two steel reinforcing bars placed in side-by-side relationship to pass therethrough.

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13.(original) A method as claimed in claim 12 wherein the anchoring structures are provided with recesses along the top and bottom edges for supporting steel reinforcing bars.

14.(currently amended) A method as claimed in claim 9 13 wherein the attachment plate is provided with at least one extension wing extending perpendicularly from the edge of the attachment plate where the anchoring plate to the opposing side of and in the same plane as joins the attachment plate for supporting the exterior of the insulation foam panel during the pouring of the concrete.

15.(previously presented) A bracket as claimed in 7 wherein the unitary metal body is formed from a 14 to 16 gauge steel sheet.

16.(previously presented) A method as claimed in claim 14 wherein the unitary metal body of the bracket is formed from a 14 to 16 gauge steel sheet.

17.(currently amended) A building structure comprising a concrete wall constructed using insulated forms, the concrete wall including a bracket having a header or rim joist attached thereto, the bracket comprising a an L-shaped bracket of a unitary metal body being of a size and thickness rigidity and stiffness sufficient to support the load of a floor through the header or rim joist, the bracket having an attachment plate forming the base of the L overlying the exterior of the insulated form to which the header or rim joist is attached, and an anchoring plate extending perpendicular from one edge of the attachment plate forming the leg of the L and extending into the interior of the insulated form and embedded within the concrete therein, the anchoring plate having an anchoring structure embedded within the concrete, the anchoring structures including a concrete flow passage providing a continuity of concrete through the anchoring plate

18.(previously presented) A building structure as claimed in 17 wherein the unitary metal body is formed from a 14 to 16 gauge steel sheet.

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19.(previously presented) A building structure as claimed in claim 18 wherein the anchoring plate is generally U-shaped with two anchoring structures located at a the top and of bottom of the anchoring plate, each of the anchoring structures having a concrete flow passage comprising a centrally located opening through which the concrete passes.

20.(previously presented) A building structure as claimed in claim 19 wherein the each of the openings have steel reinforcing bars passing therethrough.